



# JERSEY TASTES!

## RECIPES

### *Grilled Strawberry Kebabs with Lemon-Mint Sauce*

## INGREDIENTS



### FAMILY-SIZE SERVES 4-6

- 24 ripe medium strawberries, hulled (about 1 & 1/2 pounds)
- 1 tablespoon vegetable oil
- 4 tablespoons pure maple syrup
- 1/4 cup loosely packed mint leaves, torn
- 1 teaspoon finely grated lemon zest
- 3 tablespoons lemon juice

### SCHOOL FOOD SERVICE # PORTIONS: 24

- 4.75 lbs. of strawberries
- 1/2 cup mint leaves, fresh, chopped
- 1/2 cup lemon juice
- 1/2 cup honey or maple syrup

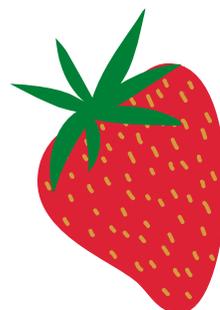
### RECIPE VARIATIONS FOR FOOD SERVICE:

- Skip the skewers & grill, marinate the strawberries in the sauce & serve on a salad or with a protein in a taco

## DIRECTIONS

- 01** Special equipment: Eight 10-inch wooden skewers, soaked in water at least 15 minutes
- 02** Preheat a grill or grill pan to medium-high and scrape it clean with a grill brush.
- 03** While the grill preheats, thread the strawberries onto the skewers, piercing each strawberry with 2 skewers and making a total of 4 kebabs with 6 strawberries on each (double-skewering the strawberries will make them easier to turn). In a cup, combine the oil and 2 tablespoons of the maple syrup. Brush the syrup mixture over the strawberries.
- 04** In a small bowl, combine the mint, lemon zest and juice and remaining 2 tablespoons of maple syrup.
- 05** Grill the strawberries until they are softened and have grill marks, 3 to 4 minutes per side. Serve the strawberries drizzled with the lemon-mint sauce.

**PORTION SIZE:** 1/2 cup  
1/2 cup = 1/2 cup Fruit



**Fun Fact:**  
On average, each  
strawberry has  
200 seeds!